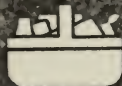


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CONSUMER TIPS > >

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AMERICAN CHEDDAR OR STORE CHEESE

1. When made from whole milk, cheddar cheese contains all the calcium and vitamin A, most of the protein of whole milk; also contains small quantities of thiamin and riboflavin.
2. Good cheddar is about 33% butterfat, 23% protein.
3. Color should be same all way through - neither too pale nor too bright.
4. Cheddar may be mild or sharp, depending on length of time it has ripened.

(over)

HINTS ON OTHER CHEESES

Swiss: made from part skim milk; about 30% butterfat, 26% protein; many holes about same size mean good quality.

Cream: when made with cream, contains about 35% butterfat, 5% protein; buy in bulk for saving.

Cottage: made from skim milk; about 70% water, 23% protein; 1% butterfat; economy cheese, easy to make at home.

Limburger: made from whole milk; about 30% butterfat, 28% protein; don't buy if center is hard & light-colored & outside is soft & buttery, or if rind is broken or cracked.

Roquefort: real Roquefort made from sheep's milk; contains 32% butterfat, 22% protein; has characteristic blue-green mold streaked through cheese.

Edam: made from whole or part-skim milk; contains from 40 - 20% butterfat, 30% protein; is colored red on outside.

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